

Summer Storm Season



**Whether it's hurricanes or thunderstorms, any storm can be dangerous.
Being prepared is the best stress reliever.**

Before a Storm:

- Outline a communications and evacuation plan for your family *before* a hurricane or storm warning is issued to minimize confusion and fear. If you have pets or any livestock, include them in your plan.
- Create an emergency kit that includes 72 hours' worth of food, water, medication and any other supplies you may need.
- Charge your cell phone so it can still be used if the power goes out.
- Bring all lawn furniture, decorations, toys and garbage cans in from outside. Tie down items that can't be brought in like boats and trailers. Remember grills and propane tanks.
- Fuel up your car. A loss of electricity could put gas stations out of commission until power is restored.
- Close windows, doors and hurricane shutters. Plywood can be used to board up windows and doors if your house doesn't have hurricane shutters.
- Secure your home and evacuate immediately if you live in a mobile home or flood zone.
- You need to get inside a sturdy building before a thunderstorm hits. A sturdy building is a structure with walls and a foundation. Plan to shelter in the basement or a small, interior, windowless room on the lowest level to provide additional protection from high winds.
- Mobile, manufactured, trailer homes, and recreational vehicles (RVs) are not safe in high winds.
- Practice drills with everyone in your household, so everyone knows where to go and what to do before a thunderstorm hits.

- Sign up for free emergency alerts from your local government.
- Plan to monitor local weather and news.
- Have a backup battery or a way to charge your cell phone.
- In case of a power outage, have a battery-powered radio.
- Understand the types of alerts that you may receive and have a plan to respond: A WATCH means Be Prepared! A WARNING means Take Action!
- Learn First Aid and CPR.
- Utilities may be offline. Be prepared to live without power, gas, and water. Plan for your electrical needs, including cell phones and medical equipment.
- Trim or remove trees close enough to fall on your home.
- Keep drains, gutters, and downspouts clean.
- Find out if your home is prone to flooding. If it is, consider: Installing a sump pump with battery backup. And elevating the heating system, water heater, and electrical panel.
- Review your home insurance policy. Check to see if you are covered for flood damage.

During a Storm:

- Stay indoors and away from windows, skylights and glass doors.
- If flooding is imminent, turn off electricity at the main breaker.
- Listen to a battery-operated radio or TV for information about the storm and evacuation procedures.
- Avoid using the phone except for serious emergencies.
- Do not go outside until officials have issued an all clear, even if the winds have subsided. You may be in the eye of the hurricane and about to face another round of high winds and heavy rain.
- When you hear thunder, seek shelter inside a sturdy building and move to a basement or an interior room on the lowest floor. Stay away from glass windows and doors.
- Lightning can be dangerous even when you are inside. Avoid using devices connected to electrical outlets. Avoid running water. Lightning can travel through plumbing and water lines.
- Remember, no place outside is safe when thunderstorms are in the area. If you are caught outside in a thunderstorm, keep moving toward a safe shelter.
- Sheds, gazebos, dugouts, and bleachers do not protect from lightning and high winds.
- It is dangerous to take shelter under a tree as it is the leading cause of death from lightning strikes. You could also be killed or injured by strong winds blowing down trees and branches.
- Being in a vehicle is safer than being outside; however, if you have time, drive to the closest sturdy building, and take shelter inside.
- If you are driving and can't get to a sturdy building, pull off the road and park in a place where falling trees and power lines won't hit you.
- Flash flooding happens quickly. Move to higher ground before floodwaters reach you. Never walk, swim, or drive through floodwater. Turn Around! Don't Drown!

After a Storm:

- Stay alert for extended rainfall and flooding even after the hurricane or storm has passed.
- Keep away from loose or dangling power lines. Report them immediately to your local power company.
- If power was out for an extended period of time, throw out any food that may have spoiled in the refrigerator.
- Take pictures of any damage that has occurred to your home for insurance purposes.
- If running a generator, place it in a dry, well-ventilated area away from air intakes into the home. The generator should be properly grounded and connected to appliances with proper power cords.

- Avoid using candles due to the risk of fires. Use battery-powered lights and flashlights instead.
- Prevent carbon monoxide poisoning. Only use generators, grills, and camp stoves outdoors and away from windows.
- It's normal to have a lot of bad feelings, stress, or anxiety.
- Eat healthy food and get enough sleep to help you deal with stress.
- You can contact the Disaster Distress Helpline for free if you need to talk to someone. Call or text 1-800-985-5990.

Sources: ncelectriccooperatives.com/resources/storm-hurricane-safety, redcross.org/get-help/how-to-prepare-for-emergencies/types-of-emergencies/thunderstorm.html, and ncdoi.gov/consumers/disaster/how-prepare-storm

We're already into Hurricane Season

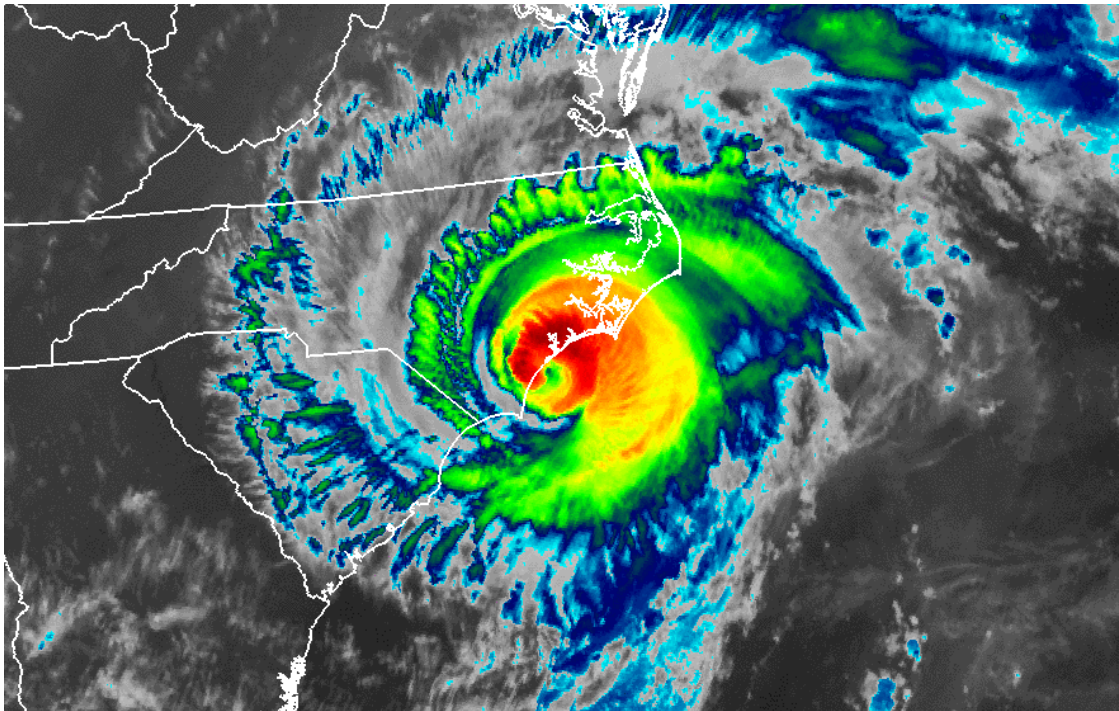


Photo: Hurricane Florence making landfall in southeast NC on September 14, 2018

Scientists are predicting a below average to normal hurricane season this year, with some thinking a potential El Nino formation could result in fewer hurricanes and named storms.

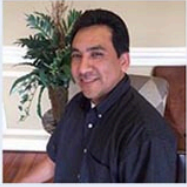
N.C. State University researchers predict hurricane season will be in line with recent averages. They forecast 6 to 9 hurricanes (the average is seven) and 12 to 15 named storms (the average is 14).

source: ncdoi.gov/blog/2026/05/27/2026-hurricane-season-upon-us-be-prepared

photo source: weather.gov/ilm/hurricaneprep

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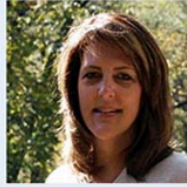
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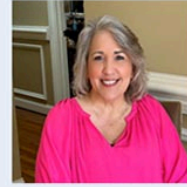
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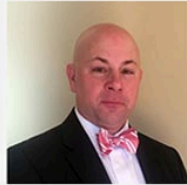
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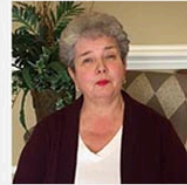
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